SASKATOON metro®

NEWS WORTH SHARING.

Sowing seeds on and off the farm

An online dating site called FarmersOnly wants to hook up single farmers with like-minded folk (i.e., no city slickers) PAGE 2

In a world full of clones, Felix comes into his own

Metro AR: Images from Orphan Black S2 PAGE 10

Saskmilk
Representing Saskatchewan's Dairy Producers
444 McLeod Street | Regina, SK S4N 4Y1
Phone: (306) 949-6999 | Fax: (306) 949-2605
www.saskmilk.ca

Sask. runners help Boston Marathon stay strong as ever

Solidarity in wake of tragedy. Locals return to scene of last year's bombings determined to move past fear and show support

JACOB MORGAN
jacob.morgan@metronews.ca

While some runners from Saskatchewan returned to the Boston Marathon to complete unfinished business, others went for the first time to show support after the 2013 bombings.

Alexis Beaman, 41, had just one kilometre left last year when authorities called off the competition.

"I was really worried because my family was at the finish line," said Beaman, who moved to Calgary from Saskatoon in August.

She borrowed the cellphone of a fellow participant to make sure her loved ones were safe and waited around an hour before hearing from her husband.

"I was terrified and then when I got that text from him it was such a relief," said Beaman.

The Boston Athletic Association invited back those who didn't have the chance to cross, and Beaman said she had to see through her commitment.

"I don't live my life afraid," she said.

But she added that her two sons — now 11 and 12 — are still shocked from having witnessed the terrorist attack.

Paul Duperreault of Wilcox, Sask., was also at the race last year. Although he was in his hotel during the explosions, he said he remembers how "everyone was just feeling sick to their stomach."

The 46-year-old medical lab assistant added that he had no hesitations about going back, as he knew security would be tight.

"The mood today was unbelievable," said Duperreault. "It was all — 'Boston Strong.'"

Shaun Hesse, a 40-year-old business owner from Regina, said this was his inaugural Boston Marathon and he felt compelled to "support the rest of the runners for such a senseless tragedy."

He added it was great to see the sense of perseverance.

"They put on an amazing race here," said Hesse.

Undeterred

"I don't live my life afraid."

Alexis Beaman, who returned to the Boston Marathon this year after being unable to finish the 2013 event when authorities called off the competition.

Shaun Hesse of Regina is seen here at the finish line of the Boston Marathon on Monday. This was his first time attending the event. For more marathon coverage, go to page 4, and use Metro AR to see a photo gallery. COURTESY SHAUN HESSE

Canadians fired

Feds probe resto for abuse of foreign workers program

The federal government said Monday it is investigating a Saskatchewan restaurant where two long-serving waitresses say they and two others recently lost their jobs to temporary foreign workers.

Employment Minister Jason Kenney has asked his department to investigate the Brothers Classic Grill and Pizza in Weyburn, a spokeswoman for the minister said Monday.

It's just the latest investigation launched in the wake of reports from across Canada about alleged abuse of the Conservative government's controversial temporary foreign worker program.

Sandy Nelson and Shaunna Jennison-Yung told the CBC they were among several servers at the restaurant who were fired last month and replaced by government-approved help from outside Canada.

In an interview Monday, Nelson said she still doesn't understand how she could be out looking for a new job while foreigners remain employed at the restaurant where she worked for nearly three decades.

"I think they expected me to just walk away with my tail between my legs," said Nelson.

Any allegations of misuse will be investigated, said Alexandra Fortier, a spokeswoman for Kenney.

"Our government will not tolerate any abuse of the temporary foreign worker program," Fortier said in an email. "Our message to employers is clear and unequivocal: Canadians must always be first in line for available jobs."

Dozens of people from across Canada and elsewhere lashed out at the establishment on its Facebook page, many of them calling for a boycott.

THE CANADIAN PRESS

Country spouse, city spouse? For many, it's FarmersOnly

The Farmer and the Dell. Dating website targets lonely singles up north in ad blitz

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up that tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city slickers and hook him up with potential partners looking for a man just like him.

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl with a tremendous smile, has a four-year-old stepdaughter — and a new baby on the way.

It's a story that FarmersOnly founder Jerry Miller is hoping to see more of in Canada.

"There's two different types of people," Miller says from his office in Pepper Pike, Ohio.

"There's people in the major cities in the corporate rat race. And then there's people who are just more down to earth and easygoing."

Miller was doing agricultural marketing when he came up with the idea in 2005. A divorced friend was having trouble meeting men while working long hours on her farm and found suitors on other sites didn't have a clue about what her life was like.

FarmersOnly now has about 1.5 million members, 10 per cent of which are Canadian. In an effort to make more love and money north of the border, Miller says an advertising blitz is underway.

Chelsea Henderson, 29, had lived in every Western Canadian province and had enough of city boys before she headed home to her family's ranch near Pierson, Man.

After being an Internet dater for years, she tried FarmersOnly and even travelled to Kansas and Indiana to meet a few potential mates. Then she sent a message to Seitz and, after he was finished with haying season, he got back to her.

They were engaged five months later. He moved his cattle down to her horse ranch and became "Dad" to her little girl. They married last September, the weekend after her family's annual horse sale. They cleaned the muck out of the riding arena and got hitched there in their cowboy boots.

"Daniel is just the most sincere, genuine man any woman could ever hope to find," says Henderson, who has since taken the last name Seitz. "And there's lots more out there like him." THE CANADIAN PRESS

Chelsea and Daniel Seitz pose at their wedding in Pierson, Man. COURTESY CHRIS JONES/THE CANADIAN PRESS

Did wrong address lead to Santos killing?

Randy O'Hagan outside Saskatoon's Court of Queen's Bench on Monday afternoon. MORGAN MODJESKI/METRO

The 2012 killing of Lorry Santos may have been the result of misinformation from an ex-girlfriend.

On Monday, the trial of Randy O'Hagan, one of three men charged with first-degree murder in the case, entered its second week.

Court heard that 28-year-old Serana Lodoen had texted Santos's address to a number she knew to be O'Hagan's. She apparently believed it was the residence of her child's father, who had a "drug debt" in Lloydminster, Alta.

"He made a lot of debts around town, so people were asking me where to find him," she said.

Melissa Star, who has a child by the same man, also testified.

Star told the court she saw the father of her child twice during the summer of 2012 at a residence in Saskatoon, just down the street from the Santos home.

She explained that she and Lodoen kept in contact because their children were related. She said she gave Lodoen what she thought was the man's address that summer.

"She wanted to know where he was," she said. "So, I just let her know."

O'Hagan's trial continues Wednesday morning.

MORGAN MODJESKI/METRO

Pollsters drop key questions from action-plan ad survey

Economic Action Plan. Pollsters conducting surveys about EAP advertising told to stop asking certain questions

The Finance Department has ordered its pollsters to stop asking Canadians potentially embarrassing questions about Economic Action Plan advertising.

In 10 public opinion surveys since 2009, Canadians were asked whether they took any action as a result of seeing ads placed with newspapers, TV, radio and the Internet on the benefits of the Economic Action Plan.

Results have been in sharp decline in recent years, with a tiny fraction of those polled in 2013 saying they visited the EAP website or called a toll-free number, as the ads urge.

And so the Finance Department now has eliminated the question altogether, along with three other questions that asked Canadians to rate the government's performance. There, too, the numbers had been dropping to new lows.

The Finance Department paid pollster Harris Decima almost $31,000 to conduct a truncated survey of 2,000 Canadians in early November about their reactions to a pair of 30-second TV ads and two radio ads.

The ads' content was described in detail to respondents, but as few as 13 per cent recalled seeing or hearing the ads, which ran between Oct. 7 and Nov. 3.

No data was collected on any actions respondents took in response to the ads, or their rating of the government's performance, as the questions were quietly dropped.

The opposition parties have called the ads thinly disguised propaganda. Editorials at major news organizations have said the ads are designed to promote the Conservative party with public money. THE CANADIAN PRESS

A sign advertising the Conservative government's Economic Action Plan in Mississippi Mills, Ont. ADRIAN WYLD/THE CANADIAN PRESS

FBI official: Teen stowaway is 'lucky to be alive'

A 16-year-old boy, who stowed away in the wheel well of a flight from San Jose, Calif., to Maui, is loaded into an ambulance. CHRIS SUGIDONO/THE ASSOCIATED PRESS

Officials say a 16-year-old boy is "lucky to be alive" and unharmed after flying from California to Hawaii stowed away in a plane's wheel well, surviving cold temperatures at 38,000 feet and a lack of oxygen.

"Doesn't even remember the flight," FBI spokesman Tom Simon in Honolulu told The Associated Press on Sunday night. "It's amazing he survived that."

The boy was questioned by the FBI after being discovered on the tarmac at the Maui airport Sunday morning with no identification, Simon said.

"Kid's lucky to be alive," he added.

Simon said security footage from the San Jose airport verified that the boy from Santa Clara, Calif., hopped a fence to get to Hawaiian Airlines Flight 45 on Sunday morning. The child had run away from his family after an argument. According to Simon, when the Boeing 767 landed in Maui, the boy hopped down from the wheel well and started wandering around the airport grounds.

"He was unconscious for the lion's share of the flight," Simon said. The flight lasted about five and a half hours.

Hawaiian Airlines spokeswoman Alison Croyle said airline personnel noticed the boy on the ramp after the flight arrived and immediately notified airport security.

"Our primary concern now is for the well-being of the boy, who is exceptionally lucky to have survived," Croyle said.

Simon said the boy was medically screened and found to be unharmed.

His misadventure immediately raised security questions. A congressman who serves on the Homeland Security committee wondered how the teen could have sneaked onto the airfield at San Jose unnoticed.

Officials at Kahului Airport referred questions to the State Department of Transportation, which did not return a phone call seeking comment.

The boy was released to child protective services and not charged with a crime, Simon said. THE ASSOCIATED PRESS

Finland

Tragic plane crash investigation slows

An investigation into a small plane crash that killed eight skydivers in Finland could take weeks or longer to complete because the charred remains of the aircraft are scattered over a large area of forest, authorities said Monday.

Two jumpers and the pilot aboard the Comp Air 8 kit aircraft managed to parachute to safety in Sunday's crash, the head of the investigation, Ismo Aaltonen, said Monday.

The three men were hospitalized with minor injuries, and it wasn't immediately clear when they would be questioned. The eight victims, six men and two women, were aged 23 to 43. THE ASSOCIATED PRESS

Florida

Sinkhole expands in Fla. community

Repair crews filled in a sinkhole that opened between two houses in a sprawling Florida retirement community.

The Villages Daily Sun reports the homes were vacant when the sinkhole, which was already under repair, expanded Saturday. Neighbors noticed the sinkhole was growing and alerted authorities. Officials say crews from a Tampa firm had been working on the sinkhole for about three weeks.

District Public Safety Battalion Chief Pete Carpenter says the sinkhole opened up and expanded under the foundations of both houses. Officials blocked traffic as crews returned to assess the situation. THE ASSOCIATED PRESS

Egypt

Belly dancer detained

Egyptian authorities have detained a belly dancer who rose to fame for her videos spoofing Islamists and other politicians over allegations that she is running an unlicensed satellite station.

Prosecutors said Monday that Sama el-Masry was taken into custody late Sunday in Cairo. Earlier this year, she launched a satellite station called "Feloul," a pejorative term used to refer to supporters of longtime autocrat Hosni Mubarak, who was toppled in 2011.

El-Masry has used the station to vigorously defend the military and its overthrow last July of Mubarak's successor, the Islamist Mohammed Morsi. THE ASSOCIATED PRESS

Scan the photo to see a photo gallery of Boston coming together one year after the deadly marathon bombings.

Boston shows its strength as thousands run the marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

"I think I'm going to start crying at the starting line, and I'm not sure I'll stop until I cross the finish line," said Katie O'Donnell, a doctor who was stopped less than a mile from the end last year.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence at the finish line. It was followed by some of the loudest cheers of the day as people whooped, clapped and rang cowbells.

Race organizers expanded the field from its recent cap of 27,000 to make room for more than 5,000 runners who were still on the course last year at the time of the explosions, for friends and relatives of the victims, and for those who said they were "profoundly impacted" by the attack.

American Meb Keflizighi, who had the names of last year's victims written on the corners of his race bib, won the men's title in two hours, eight minutes, 37 seconds.

On Twitter, U.S. President Barack Obama congratulated Keflizighi and Shalane Flanagan, the top American finisher among the women, "for making Americans proud!"

"All of today's runners showed the world the meaning of #BostonStrong," Obama wrote.

THE ASSOCIATED PRESS

Unstoppable

"I showed up, I'm back, and I am going to finish what I didn't finish last year."

50-year-old Mary Cunningham, who was stopped a mile short of finishing last year's Boston Marathon by the deadly explosions.

Boston Marathon husband and wife bombing survivors Patrick Downes and Jessica Kensky, who each lost a leg in last year's attack, roll across the finish line in the 118th Boston Marathon Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS

Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

Sit back, relax — and open a packet of powdered booze?

How's this for a revolutionary invention: Turn a glass of water into rum by stirring in a packet of powdered alcohol.

Crazy? Not with Palcohol, a new product that claims to pack the punch of hard liquor in fine powder form. Just add it to any food or liquid and presto: instant alcohol.

It's not on store shelves yet, but Palcohol has already cleared several regulatory hurdles in the U.S.: This month, the U.S. Alcohol and Tobacco Tax and Trade Bureau approved package labels for the product.

"I thought maybe it was some sort of weird oversight or miscalculation," said Robert C. Lehrman, an attorney specializing in the regulation of alcoholic beverages, who said he has never seen anything like it.

According to the product's website, Palcohol was created by Mark Phillips, an Arizona man who wanted a portable form of alcohol for camping trips. Lehrman said he spoke to Phillips after learning about the label approval.

"He said he was working with the government for many years to get this approved," Lehrman said.

But don't expect to find Palcohol at your local liquor store any time soon. Lehrman cautioned that Phillips will have to clear other hurdles.

"I would expect that they would be quite cautious about this," he said. "If you're making a lot of money selling Johnny Walker Blue or Heineken, do you really want to rock the boat with this?"

TORSTAR NEWS SERVICE

British Columbia

Asian mussel sails to Canada on piece of tsunami debris

A sea creature unfamiliar in Canadian waters has hitchhiked its way across the Pacific on a piece of suspected tsunami debris from Japan's 2011 earthquake.

The federal fisheries department has identified a non-indigenous mussel, called mytilus coruscus, on a piece of wreckage believed to have drifted to B.C. after the Japanese tsunami.

A scientific paper published by the International Journal of Molecular Sciences says the mussel is one of the most important marine shellfish species in Korea.

B.C.'s ministry of the environment says the greatest risk for major debris has now passed.

THE CANADIAN PRESS

Mount Everest

Sherpas calling for boycott after deadly avalanche

Buddhist monks cremated the remains of Sherpa guides who were buried in the deadliest avalanche to hit Mount Everest, a disaster that has prompted calls for a climbing boycott by Nepal's ethnic Sherpa community.

A Sherpa climbing boycott could critically disrupt the Mount Everest climbing season, which is key to the livelihood of thousands of Nepali guides and porters.

At least 13 Sherpas were killed when a block of ice tore loose from the mountain and triggered a cascade that ripped through teams of guides hauling gear. Three missing are presumed dead.

THE ASSOCIATED PRESS

Oklahoma

Executions of two inmates stayed over injection secrecy

A sharply divided Oklahoma Supreme Court on Monday stayed the execution of two death row inmates who have challenged the secrecy surrounding the source of the state's lethal injection drugs.

In a 5-4 decision, the state's highest court issued the stays just one day before death row inmate Clayton Lockett was scheduled to be executed for the 1999 shooting death of 19-year-old Stephanie Nieman.

The second, Charles Warner, was convicted in the 1997 death of his roommate's 11-month-old daughter. He was scheduled to die on April 29.

THE ASSOCIATED PRESS

Friends, family say goodbye to murder victims

Calgary. Mourning the worst mass murder in the city's history

One was remembered as a wonderful friend who was always ready with a compliment, another as a tiny dancer with huge courage. The third was a skilled drummer who exemplified the statement, 'All is good.'

Three young people were remembered at funerals in Calgary on Monday — all victims in the worst mass murder in the city's history.

Jordan Segura, Kaiti Perras and Josh Hunter were stabbed to death along with Zackariah Rathwell and Lawrence Hong at a house party April 15. The party was being held to mark the end of classes at the University of Calgary.

A fellow party-goer, Matthew de Grood, has been charged with five counts of first-degree murder.

Segura's funeral was the first of the day. The 22-year-old was a religious studies student at the University of Calgary and had worked for the past year at McInnis and Holloway, the funeral home where the service was held.

A plain wooden coffin was covered with a bouquet of white carnations, and white roses sat at the front.

Jayda Shreenan, friends with Segura since high school, reassured more than 300 mourners that the university student wasn't alone when he died — he was surrounded by those who loved him.

THE CANADIAN PRESS

Pallbearers carry the casket of stabbing victim Kaiti Perras to the hearse at her funeral in Calgary on Monday. MIKE RIDEWOOD/THE CANADIAN PRESS

A realtor will guide you to the right house.
We'll guide you to the right mortgage.

A mortgage pre-approval, a step-by-step online guide and a great rate.
Everything you need – and want – when buying your first home.

Visit **bmo.com/homebuyersguide** to learn more
and to find a BMO Mortgage Specialist near you.

/BMOcommunity @BMO

BMO Bank of Montreal
Making money make sense®

®Registered trade-marks of Bank of Montreal.

234 girls kidnapped from Nigerian school: Parents

Some 234 girls are missing from the northeast Nigerian school attacked last week by Islamic extremists, significantly more than the 85 reported by education officials, parents told the state governor Monday.

The higher figure came out a week after the kidnappings when the Borno state governor insisted a military escort take him to the town. Parents told the governor that officials would not listen to them when they drew up their list of names of missing children and the total reached 234.

The discrepancy in the figures could not immediately be resolved.

Security officials had warned Gov. Kashim Shettima that it was too dangerous for him to drive to Chibok, 130 kilometres from Maiduguri, the Borno state capital and birthplace of the Boko Haram terrorist network blamed for the abductions.

The group has been abducting some girls and young women in attacks on schools, villages and towns but last week's mass kidnapping is unprecedented. The extremists use the young women as porters, cooks and sex slaves, according to Nigerian officials. THE ASSOCIATED PRESS

33 years on the run

Fugitive captured in Texas

A disabled 78-year-old church deacon living quietly in Texas was arrested Monday by federal agents who said he committed a murder 33 years ago and 2,092 kilometres away. Authorities say Joseph Lewis Miller fled Pennsylvania after shooting a man in a parking lot outside a hotel in 1981. He was charged with murder and three other felonies.

THE ASSOCIATED PRESS

Utah

Man shot dead by marshal while attacking witness

The FBI says a defendant has died after being shot by a U.S. marshal during an attack on a witness during a trial in federal court in Salt Lake City. The FBI said 25-year-old Siale Angilau died Monday at a hospital after he was shot in the chest as he rushed the witness with a pen in an aggressive, threatening manner. THE ASSOCIATED PRESS

Air Canada

Two baggage handlers face termination

Two Air Canada baggage handlers set to lose their jobs over a video showing bags being dropped several metres into a bin on the ground were working under intense pressure to move the items quickly, their union said Monday. Handlers are forced to rush so the flight isn't delayed, said a union spokesman.

THE CANADIAN PRESS

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

SUMMER CHANGES FOR UNIVERSITY ROUTES

On April 27, 2014, Saskatoon Transit will introduce its Summer Route Schedule. These support routes for the University are being removed during the summer months and service will resume September 1, 2014. Details of the changes are as follows:

From April 27 to September 1, 2014, the following routes will travel less frequently:
- Route 13 Lawson Heights
- Route 13 Broadway

From April 27 to September 1, 2014, the following route will be temporarily discontinued:
- Route 21 University

For more information, visit saskatoon.ca and click on "T" for transit or call 306-975-3100.

LET US KNOW IF YOUR STOP NEEDS A LITTLE TLC!

While we try to keep bus stops as clear from debris as possible, if yours may need a little extra TLC we would appreciate if you let us know at 306-975-3100 or drop by the Customer Service Centre.

MONTHLY PASS REMINDER

Transit customers are reminded that monthly passes are valid for the calendar month purchased and not one month from the date of purchase. If you have questions about your pass or tickets, visit the Customer Service Centre or call 306-975-3100

LOST OR FOUND SOMETHING ON THE BUS?

Call 306-975-3100 or visit Saskatoon Transit's Customer Service Centre on 23rd Street in the Downtown Bus Mall.

i take the bus.
Don't worry about parking. Enjoy a relaxing, hands-free commute and catch up on the things that really matter.
SASKATOON transit
DELIVERING BUS RIDER PRIDE

Ferry victims' families waiting for grim news

South Korea. After the bodies are pulled from the water, authorities try to identify the victims

A relative of a passenger aboard the sunken ferry Sewol shouts the name of her missing family member as she waits for their return at a port in Jindo, South Korea, Monday. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Lee Byung-soo says he knew, when he saw his 15-year-old son's body in the tent. It could not have been more horrifically obvious. But he wanted so much for him to be alive.

"Stop sleeping!" the truck driver yelled as he hugged Lee Seok-joon. "Why are you sleeping so much? Daddy will save you!" He pumped his son's chest and blew into his mouth to try to resuscitate him.

This is the kind of heartbreak that awaits the families of about 220 people still missing from the submerged ferry Sewol.

The pace of recovering bodies has accelerated in recent days, since divers finally succeeded in entering the vessel. There were 86 confirmed fatalities as of Monday night.

After the bodies are pulled from the water, police and doctors look for forms of ID and take notes on the body's appearance, clothing and any identifying physical marks, said a Health Ministry official who spoke on condition of anonymity.

Lee Seok-joon arrived as Body No. 41. The sight of his son brought Lee to his knees. He later lashed out at a military doctor who was in the room removing Lee's son's clothes. "Don't touch my son!" he said. "He's still alive!"

Lee said Monday, as he escorted his son's body home by ambulance, that his right eye had completely decayed.

The captain of the ferry, Lee Joon-seok, first told passengers to stay in their rooms and waited more than half an hour to issue an evacuation order as the Sewol sank.

South Korea President Park Geun-hye called the captain's actions "unfathomable." Park said the captain and some crew members told passengers to stay put while they themselves escaped.

Captain Lee and two crew members have been arrested. The search Monday included over 200 rescue boats, 35 aircraft, 13 fishing boats and 641 personnel. THE ASSOCIATED PRESS

Jindo island

Identifying the bodies

A child holds candles during a prayer for victims of the ferry Sewol. YONHAP/THE ASSOCIATED PRESS

The bodies are transported to Jindo island as rescuers notify families waiting at the port, or at a gymnasium where many are sheltering.

Victims without IDs are described to officials in Jindo who relay the details to the relatives.

At the dock, bodies are taken to a white tent for an inspection, then transported to another tent.

A coroner there cleans up the bodies, mostly to wipe off oil and dirt and straighten limbs, and then the families file in.

Only two pieces of news are delivered here: Your loved one is dead, or still missing. THE ASSOCIATED PRESS

Biden to meet Ukraine officials; touting international agreement

U.S. Vice-President Joe Biden launched a high-profile visit on Monday to demonstrate the U.S. commitment to Ukraine and push for urgent implementation of an international agreement aimed at de-escalating tensions even as violence continues.

The United States will decide within "days, not weeks" whether Russia is abiding by the accord, a U.S. diplomat said.

"It's still too early to tell if this is going to succeed," said Geoffrey Pyatt, U.S. ambassador to Ukraine. The United States has threatened additional sanctions against Russia if the agreement is not heeded.

People react to a pro-Russian speaker. A. ZEMLIANICHENKO/THE ASSOCIATED PRESS

Biden planned to meet with government leaders who took over after Ukrainian President Viktor Yanukovych was ousted, including Arseniy Yatsenyuk and Oleksandr Turchynov, the acting Ukrainian prime minister and president.

The White House said President Barack Obama and Biden agreed he should make the two-day visit to send a signal of support for the new government's reform efforts.

Meanwhile, the State Department said photos available from social media and other sites show Russia has sent forces into eastern Ukraine.

The alleged "concerned citizens" who want more autonomy in eastern Ukraine are carrying the same kind of RPG-30 rocket launchers issued to Russian army troops.

An administration official said that Biden plans to announce new technical support to the Ukrainian government to implement energy and economic reforms. The official, speaking on a condition of anonymity, said Biden also will follow up on U.S. commitments of non-lethal security assistance. THE ASSOCIATED PRESS

Barack and Michelle Obama host annual Easter Egg Roll

U.S. President Barack Obama and first lady Michelle Obama cheer as thousands of children gathered for the 136th annual Easter Egg Roll on the South Lawn of the White House in Washington, Monday. The event's theme was "Hop into Healthy, Swing into Shape" and featured live music, yoga and obstacle courses in addition to the egg roll, sports and storytelling. CAROLYN KASTER/THE ASSOCIATED PRESS

Poll. Many in U.S. skeptics on Big Bang, evolution, and global warming

Few Americans question that smoking causes cancer. But they have more skepticism than confidence in global warming, the age of the Earth and evolution and have the most trouble believing a Big Bang created the universe 13.8 billion years ago, an Associated Press-GfK poll found.

Rather than quizzing scientific knowledge, the survey asked people to rate their confidence in several statements about science and medicine.

On some, there's broad acceptance. Just four per cent doubt that smoking causes cancer, six per cent question whether mental illness is a medical condition that affects the brain and eight per cent are skeptical there's a genetic code inside our cells. More — 15 per cent — have doubts about the safety and efficacy of childhood vaccines.

But 40 per cent say they are not too confident or outright disbelieve that the Earth is warming, mostly a result of man-made heat-trapping gases, that the Earth is 4.5 billion years old or that life on Earth evolved through a process of natural selection. A narrow majority — 51 per cent — questioned the Big Bang theory.

Confidence in evolution, the Big Bang, the age of the Earth and climate change decline sharply as faith in a supreme being rises, according to the poll. Likewise, those who regularly attend religious services or are evangelical Christians express much greater doubts about scientific concepts they may see as contradictory to their faith.

Beyond religious belief, views on science may be tied to what we see with our own eyes. The closer an issue is to our bodies and the less complicated, the easier it is for people to believe, said John Staudenmaier, a Jesuit priest and historian of technology at the University of Detroit Mercy. THE ASSOCIATED PRESS

Just don't do it, say parents about brand names on kids' tests

Product placement?
New York education officials say brand references on tests just happened to be in passages selected

Just Do It has been a familiar Nike slogan for years, but some parents are wondering what it was doing on some of New York's Common Core standardized English tests.

Brands including Barbie, iPod, Mug Root Beer and Life Savers showed up on the tests more than a million students in Grades 3 through 8 took this month, leading to speculation it was some form of product-placement advertising.

The test questions have not been made public, and teachers and principals are barred from discussing them. But teachers posting anonymously on education blogs have complained that students were confused by the brand names, which were accompanied by trademark symbols.

The Nike question was about being a risk taker and included the line, "Just Do It is a registered trademark of Nike," according to students who took the test.

Sam Pirozzolo, of Staten Island, whose fifth-grader encountered the Nike question, said there was apparently no reason for such a specific brand.

"I'm sure they could have used a historical figure who took risks and invented things," Pirozzolo said. "I'm sure they could have found something other than Nike to express their point."

Deborah Poppe, of West Hempstead, Long Island, said her eighth-grade son was similarly puzzled by a question, which drew complaints for a second straight year, about a busboy who failed to clean some spilled root beer — Mug Root Beer, to be exact, a registered trademark of PepsiCo.

The use of brand names was one of several complaints raised by some educators and parents about the statewide tests. While general complaints about Common Core tests have arisen elsewhere, advocates said the prevalence of brand names appears to be specific to New York.

Representatives of the New York State Education Department and Pearson, the education publishing giant with a $32 million US five-year contract to develop New York's tests, said the companies did not pay for the exposure.

"There are no product placement deals between us, Pearson or anyone else," said Tom Dunn, an Education Department spokesman. "We use authentic texts. If the author chose to use a brand name in the original, we don't edit."

Pearson spokeswoman Stacy Skelly said neither the company nor the education department received any compensation for the mentions.
THE ASSOCIATED PRESS

APRIL IS CANCER AWARENESS MONTH
REDUCE YOUR RISK
In Canada, one in nine women will be diagnosed with breast cancer in their lifetime and one in twenty-nine women will die from the disease.
There are risk factors out of your control, but you can control your lifestyle risks.
GET ACTIVE
LIMIT ALCOHOL
EAT WELL
DON'T SMOKE
TAKE CARE
For more information,
cbcf.org/prairies
Canadian Breast Cancer Foundation
PRAIRIES • NWT

Do you need:
Auto insurance?
Commercial insurance?
House insurance?
Condo or Tenant insurance?
Serving Saskatoon and Area for over 65 YEARS!
Experience the service. Rain or shine.
RaynerAgencies
1000 Central Avenue, Saskatoon, SK
Ph. 306-373-0663 or 866-672-9637
rayneragencies.ca/metro

Arctic char dries at a camp on the outskirts of Gjoa Haven, Nunavut, last August. SEAN KILPATRICK/THE CANADIAN PRESS

Inuit hunters caught in the crosshairs of debate

For sale. Community members in the Great White North divided over selling of harvest

Faced with the growing cost of gas for their snowmobiles and bullets for their guns, Inuit hunters are increasingly putting their harvest up for sale.

Some say it's a good way to keep hunters on the land, office-bound Inuit in touch with their roots and people from going hungry in communities where store-bought groceries are expensive.

Others worry about the safety of uninspected meat and the possible overhunting of now-valuable game animals.

And some call selling game a betrayal of sacred Inuit traditions.

THE CANADIAN PRESS

'Country foods'

Facebook groups for the buying, selling and trading of the "country foods" of the traditional Inuit from fish eggs to muskox now have thousands of members.

- A whole caribou? Without the hide, $300 US. Arctic char? Each fish, $20.

The environment

Apple goes green, with free recycling of used products

Apple is offering free recycling of all its used products and vowing to power all of its stores, offices and data centres with renewable energy to reduce the pollution caused by its devices and online services.

THE ASSOCIATED PRESS

Pacific Gas & Electric Co.

PG&E pleads not guilty in deadly pipeline blast

Pacific Gas & Electric Co. pleaded not guilty Monday to a dozen felony charges stemming from alleged safety violations in a deadly 2010 natural gas pipeline explosion that levelled a suburban neighbourhood in the San Francisco area.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.79¢ (-0.01¢)

TSX 14,493.68 (-6.71)

OIL $104.37 US (+$0.07)

GOLD $1,288.50 US (-$5.40)

Natural gas: $4.70 US (-$0.06)
Dow Jones: 16,449.25 (+40.71)

Purple Works
in Diagnostics
SEIU WEST
National Medical Laboratory Technologists (MLT) Week
SEIU-West members who work as MLTs test, analyze and evaluate samples to ensure an accurate diagnosis. Thank you for your attention to detail and commitment to the patients you serve.
PurpleWorks.ca

FLIGHT CENTRE
The Airfare Experts
Want to leave your mark on the travel industry?
You're eager to get your hands on a new opportunity. You want a career that brings out your best and offers great incentives and big rewards. Of course you love to travel and believe you have the edge and experience when it comes to sales.
Apply online today!
flightcentre.ca/careers
2014 Best Employers in Canada

Rewards early adopters. Netflix newcomers to pay about a toonie more

Netflix is preparing a sequel unlikely to be a hit with its subscribers. The Internet video service is about to raise its prices for the first time in three years to help pay for more Internet video programming such as its popular political drama House of Cards.

The increase, to take place some time before July, will hike prices by $1 or $2 US per month for new customers. The company's nearly 36 million current subscribers will continue to pay $8 per month for at least the next year, Netflix CEO Reed Hastings said in a Monday interview.

"When we look at the shows and movies that we will be able to get if we have a bigger budget, it's exciting," Hastings told The Associated Press. "We want to make the service better and better so more people will join."

Netflix announced the looming price increase as part of a solid first-quarter earnings report.

Financial pressures have been mounting on Netflix as it grapples with the rising costs of licensing compelling video for its service.

THE ASSOCIATED PRESS

NOT ALL PASSIONS COME WITH A PAYCHEQUE

SHE SAYS

Jessica Napier
metronews.ca

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little aphorism, but there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me, but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheque is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soulmate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Science has brush with art

A woman views the painting The Fighting Temeraire by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013, and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The study, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. METRO

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?
Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP

FILL SCREEN WITH IMAGE TO SCAN

METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 10 in News, page 15 in Scene, page 20 in Life, and page 22 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Look, Mom, I'm flying through fireworks

ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: It's the remote control quadrocopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is Arcade Fire's Sprawl II, in case you're wondering. (Via Gasper C on Vimeo)

GETTY IMAGES

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Barry Paton • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7 • **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca • **Letters to the Editor:** saskatoonletters@metronews.ca

SCENE 2

DVD review

Sorcerer

Director. William Friedkin

Stars. Roy Schreider

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner The Wages of Fear. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream.

PETER HOWELL

See that symbol? It means you can scan the photo below with your Metro News app to see more Orphan Black images courtesy of Space

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA WEIDENFELD
Metro World News

Jordan Gavaris plays Felix in Orphan Black. COURTESY SPACE

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on Orphan Black. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?

Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.

She's so different and yet she's the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?

It was something that I really pushed for and something (co-creators) John (Fawcett) and Graeme (Manson) were really excited to do. I think first season he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes, because Sarah's requests keep getting more outlandish and more dangerous.

Will Felix lose patience with Sarah's requests?

I think so. I think it may not play out the way the audience expects it will play out, but there will be some conversations between the two of them, some fraught conversations, and we get to see Felix as an entity outside of clone club.

What was your favourite scene to film this season?

There's a romantic connection that Felix has this season that is not just romantic, but an important connection for him as an individual, and I think it was probably one of my favourite things to do this season. It was also one of the scariest because in these particular moments he's very open and honest and real, and that was tough for me because Felix is a character that loves to wear masks.

Join Relay For Life now. Be part of the biggest cancer fundraiser and make the biggest impact in the fight against cancer.

Celebrate survivors, remember and honour loved ones, and fight back against cancer. Join your community and make a difference.

Register. Volunteer. Donate.

Find out more at **relayforlife.ca/sk**

Saskatoon – June 13, 2014
Regina – June 20, 2014

Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7. Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan reveals miscarriage and dishes on infamous list

THE WORD
Dorothy Robinson
scene@metronews.ca

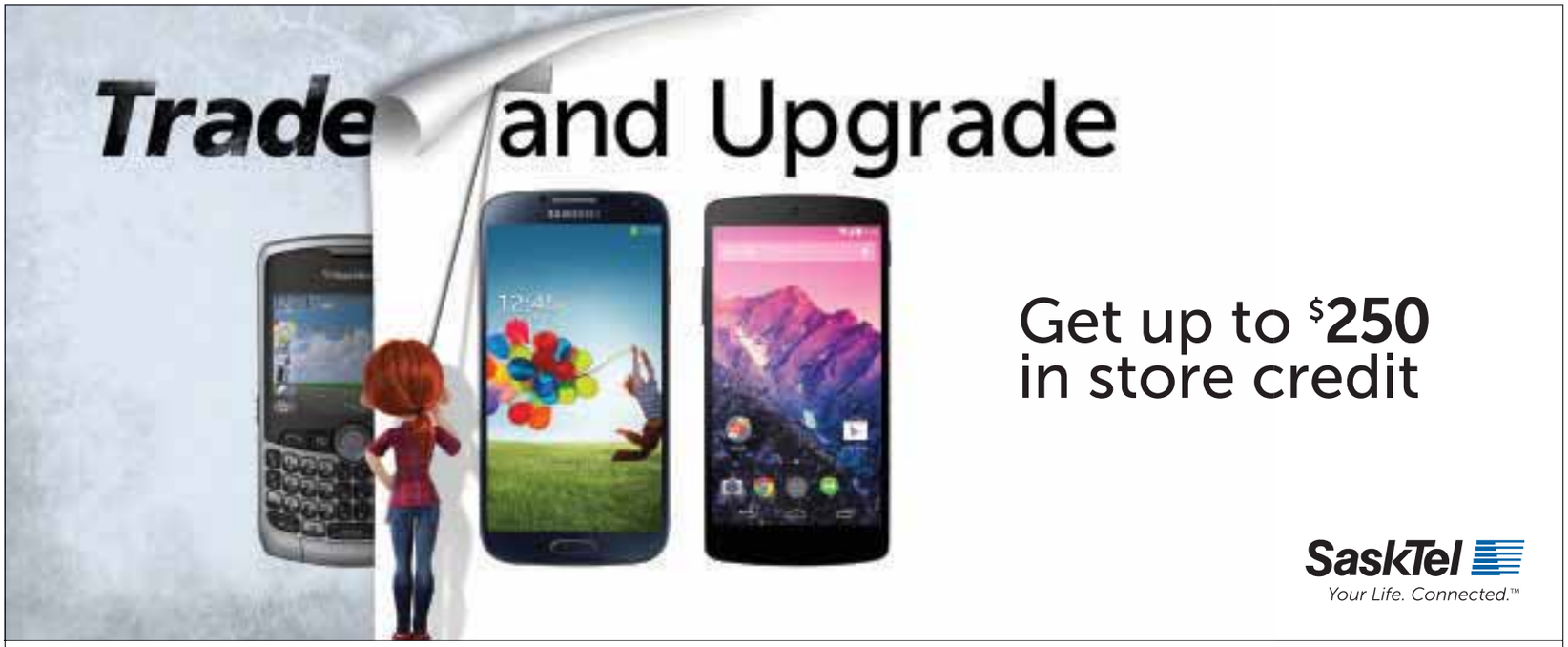
Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.

Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."

Brand in deep GOOP due to grandiose owings?

It looks like Gwyneth Paltrow is having more than just marital problems. Her lifestyle empire GOOP appears to be in serious trouble, according to corporate filings obtained by Radar Online just days after the company's CEO, Sebastian Bishop, unexpectedly stepped down. While GOOP brought in plenty of money in 2012 — with total declared income of $1.8 million — the company operated at a loss due to just as much in "administrative expenses," including salaries for Paltrow and Bishop totaling nearly $600,000 each in addition to "loans to directors" — $49,000 to Paltrow and $84,000 to Bishop — that were never paid back. All told, GOOP ended 2012 operating at a loss of nearly $40,000.



Visit your SaskTel Authorized Dealer or SaskTel Store | sasktel.com | 1-800-SASKTEL

BlackBerry® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. © 2014 LG Electronics Canada, Inc. All rights reserved. "LG" and the "LG logos" are registered trademarks of LG Corp. and its affiliates. © 2014 Samsung Electronics Canada, Inc. Samsung Galaxy Note 3™ is a trademark of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. Trade-in value is determined by the after-market value of the device and its condition. The trade-in value is subject to change without prior notice. To receive full credit, device must be in good working condition. Credits may only be used at the time of the trade-in. No cash value. No cash/credit refund for return merchandise. Customer is responsible to ensure device has been deactivated and cleared of all personal information. All trade-ins are final. One trade in per new device sold. Available to new and existing, postpaid and prepaid, SaskTel customers. New activation or renewal required at the time of trade-in. Available on all contract terms. SaskTel or competitor devices eligible. Credits may only be used at the time of trade-in with the purchase of a new phone. No cash value, non-transferable. Credit may only be used toward the purchase of a new device, accessories and early upgrade fees. Available at participating stores only. The SaskTel Wireless Device Financing Program is only available for cellular devices purchased on a new two-year agreement with a current SaskTel wireless plan, on approved credit. Financing is for a two-year term. Customers who terminate service early must pay the applicable cancellation fee. The financing program is only available with specific wireless devices, which are subject to change by SaskTel from time to time.

LIFE 3

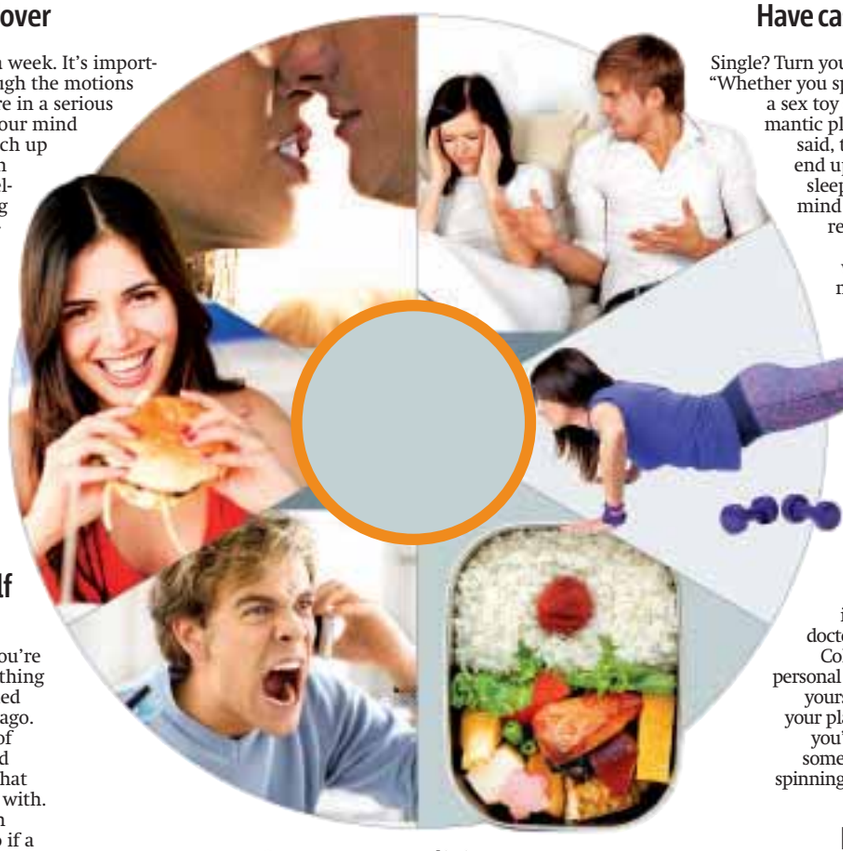
Feng shui your entire life

Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

ROMINA MCGUINNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counsellor and author of The Big Fun Sexy Sex Book. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."



Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.

Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.

Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more…"

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.

Join Relay For Life now. Be part of the biggest cancer fundraiser and make the biggest impact in the fight against cancer.

Celebrate survivors, remember and honour loved ones, and fight back against cancer. Join your community and make a difference.

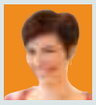
Register. Volunteer. Donate.

Find out more at **relayforlife.ca/sk**

Saskatoon – June 13, 2014
Regina – June 20, 2014

Health Solutions

What's your culture?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What kind of yogurt should I eat? Is it really that good for you? What does it do? Is one really better than the other? What is the difference? What is kefir? You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

In general, your bowel benefits from a variety of good cultures, which means that adding both is most beneficial. And yes, it is really that good for you to have a plethora of them in your gut! It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body. Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

Ideally, you want a yogurt that is as low in sugar and high in protein as possible.

Greek yogurt has been strained of more liquid to increase the thickness, calcium and protein, but if it is loaded up with sugar, gelatin and flavour, well, it isn't any better for you.

You know what? Let's make this even simpler. Eat yogurt, OK?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

See that symbol? It means you can scan the image below with your Metro News app to see a video of Theresa Albert learning about yogurt

Cluckin' good chicken strips

Homemade Chicken Strips with Yogurt Dip. You'll never go back to the fast-food version after you make these simple dippers

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Most chicken strips on the market are made with more fat and salt than you would like. The crust usually consists of white flour and they're often deep-fried before they're frozen.

Sometimes they are whole pieces of chicken but often they are pressed, processed bits. You can do better and it won't take more than 10 minutes. If you make a double batch and freeze them, you are further ahead.

This recipe serves six. THERESA ALBERT

Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)
- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon, juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried

1. In bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic powder and poultry seasoning. In a separate plate mix together yogurt, honey and water.

2. Slice chicken breasts into thin strips.

3. Dip chicken into yogurt mix and dredge in bread crumb mixture. Lay in a single layer on cookie sheet and bake at 350 F 15-25 minutes (depending on thickness of strips). The cookie sheet can go directly into the freezer for storage. Once frozen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

4. Dip: While strips bake, grate cucumbers and remove all moisture (strain through cheese cloth). In small bowl, blend yogurt, lemon juice, salt and garlic. Stir in cucumbers.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

YOU COULD
WIN
A SAMSUNG HOME THEATER SYSTEM
metro AR
Find the Club Metro **easter egg** and scan for today's code to enter!

DOWNLOAD METRO APP
FILL SCREEN WITH IMAGE TO SCAN
SCAN EGG FOR CODE

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached 18 years of age or older. To enter, for complete contest rules, and alternate method of entry visit **www.clubmetro.com**

Going two-goals up looks like a catch-22

NHL playoffs. No lead safe in series between high-powered Penguins and plucky Blue Jackets

Lee Stempniak celebrates his goal with Penguins teammate Kris Letang during Pittsburgh's win over the Blue Jackets on Monday night in Columbus, Ohio. JAY LAPRETE/THE ASSOCIATED PRESS

The Pittsburgh Penguins also have another P-word going for them: Patience.

Brandon Sutter, Lee Stempniak and Jussi Jokinen scored in a span of 2:13 of the third period to revive the Penguins from yet another two-goal deficit in a 4-3 victory over the Columbus Blue Jackets on Monday night.

Now up 2-1 in the best-of-seven series, the Penguins got off to a horrible start, but took charge in the final two periods.

"It's not ideal, especially when it's 2-1 and you fall behind (by two goals) again," said Sidney Crosby. "Typically, it's not the way you win hockey games. But it showed a lot of character and a lot of patience."

A two-goal lead has been poison so far in the series. Columbus also blew a 3-1 lead in Game 1, then the Penguins returned the favour Saturday night. In each case the opponent scored the final three goals, the Blue Jackets taking their first playoff victory in double-overtime just 48 hours earlier in Pittsburgh. All three games have ended 4-3.

"Anytime a team gets a lead they find a way to give it up," Sutter said.

Down 2-0 early and then 3-1 in the third, the veteran Penguins scored on three consecutive shots.

Coach Dan Bylsma called a timeout after goals by Boone Jenner and Jack Johnson staked the Blue Jackets to a 2-0 lead 3:18 in before a raucous, overflow crowd of 19,148.

"We needed to reset," Bylsma said.

The surge began with less than two seconds left in the second period when Brooks Orpik rifled a hard wrister past Columbus goaltender Sergei Bobrovsky, making it 2-1.

Just over a minute into the third, the Blue Jackets pushed the lead back to two. Brandon Dubinsky fired a backhander that hit teammate Cam Atkinson and beat a surprised Marc-Andre Fleury.

The Penguins' high-powered offence took over after that, dominating with a 41-20 advantage in shots on goal and controlling the pace.

THE ASSOCIATED PRESS

Game 3

Penguins	Blue Jackets
4	3

Around the playoffs

- **Blackhawks 2, Blues 0.** Corey Crawford made 34 saves in his third career post-season shutout, and the Chicago Blackhawks got back into their playoff series with the St. Louis Blues with a 2-0 victory in Game 3 on Monday night. Jonathan Toews scored in the first period and Marcus Kruger added an empty-netter as Chicago bounced back after a pair of overtime losses in St. Louis. Toews' 21st post-season goal was only the second scored by a Blackhawks forward in the series. Ryan Miller shook off another slow start and made 23 saves for St. Louis.
- **Wild 1, Avalanche 0.** Mikael Granlund's diving goal 5:08 into overtime gave the Minnesota Wild a 1-0 win over the Colorado Avalanche in Game 3 Monday night to pull within 2-1 in the best-of-seven series. Semyon Varlamov stopped 45 of 46 shots, a franchise playoff record for shots on goal by the Wild. Granlund cut toward the net for a wrist shot, and as he was falling forward took a stab at the puck to finally put one past Varlamov. Darcy Kuemper made 22 saves, but the Wild goalie in his first career playoff start was just as good as his counterpart.

NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

Noah joins Michael Jordan in 1988 as the only Bulls players to win the award. THE ASSOCIATED PRESS

Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career.
THE CANADIAN PRESS

NBA playoffs

Grizzlies overcome Thunder for sizzling OT victory

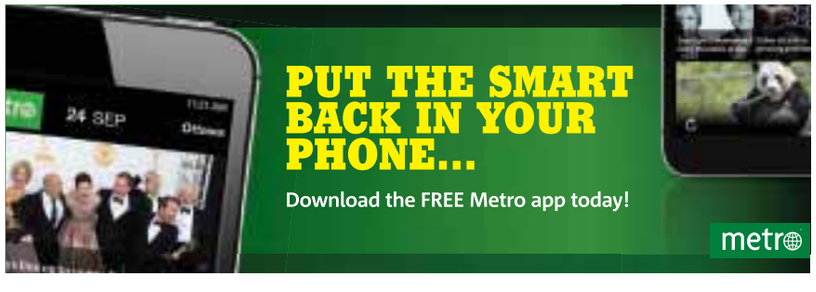
Zach Randolph scored 25 points to help the Memphis Grizzlies defeat the Oklahoma City Thunder 111-105 in overtime on Monday night and tie their first-round playoff series at one game apiece.

Mike Conley added 19 points and 12 assists for the Grizzlies.

Kevin Durant had 36 points and 11 rebounds for the Thunder. Russell Westbrook scored 29 points for Oklahoma City, but he made just 11 of 28 shots.

THE ASSOCIATED PRESS

oasis
GOLF RESORT
EXPERIENCE OUR GREENS!
You won't find a better place to be!
33 Minutes West on Highway 14 • Perdue, SK S0K 3C0
1-306-237-4653 • www.oasisgolfresort.ca



Horoscopes

♈ Aries
March 21 - April 20
You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

♉ Taurus
April 21 - May 21
It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

♊ Gemini
May 22 - June 21
Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

♋ Cancer
June 22 - July 23
Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

♌ Leo
July 24 - Aug. 23
You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

♍ Virgo
Aug. 24 - Sept. 23
It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

♎ Libra
Sept. 24 - Oct. 23
It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

♏ Scorpio
Oct. 24 - Nov. 22
Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

♐ Sagittarius
Nov. 23 - Dec. 21
There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

♑ Capricorn
Dec. 22 - Jan. 20
You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

♒ Aquarius
Jan. 21 - Feb. 19
The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

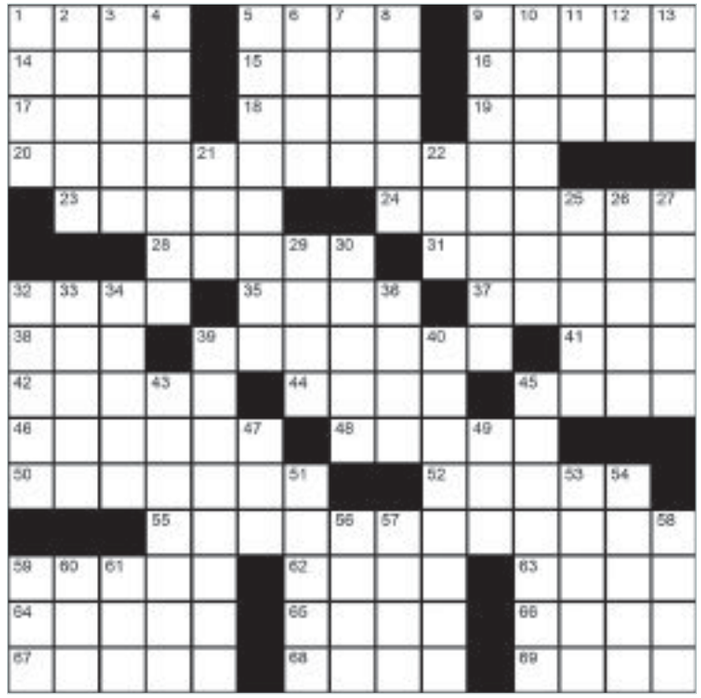
♓ Pisces
Feb. 20 - March 20
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality – make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

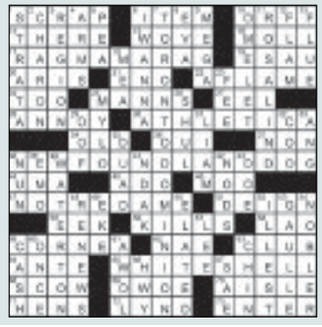
BY KELLY ANN BUCHANAN



Across
1. Rowed ride
5. "Yes, __!"
9. Yellow: French
14. Ms. Kendrick
15. Moreover
16. AVOIR: J'__...
17. Jackie Wilson's "__ Petite"
18. Military maneuver
19. Mustard brand
20. Sci-fi attraction in Moonbeam, ON: 2 wds.
23. Ben Stiller's actress mom Anne
24. Sweetened
28. Grammy Awards org.
31. Book-marked page
32. Costa __
35. Village dubbed 'A Little Bit of Holland in Saskatchewan'
37. '_'__ my Eggo!' (Kellogg's waffles slogan)
38. Green
39. Halifax Harbour part, __ Basin
41. Swiss peak
42. "Ally McBeal" singer Ms. Shepard
44. __ _ record (Feat in sports)
45. Chemical suffixes
46. Car part
48. Fasten a brooch again
50. What's-his-name
52. John Candy comedy, "__ Buck" (1989)
55. "Moments" Canadian country band: 2 wds.
59. Saskatchewan village since 1911
62. Born-in-Calgary American politician Ted
63. Above
64. Reality star Spencer
65. The Jetty __ __ Havre (Claude Monet painting)
66. Are, no more
67. New employee
68. Author Mr. Bellow, born in Lachine, QC
69. Canada __ (Some ginger ales)

Down
1. Chuck it up
2. "A Nightmare __ __ Street" (1984)
3. Keep __ __ on (Watch out for)
4. Regina-born star Ms. Maslany of "Orphan Black"
5. Cape Breton Island vacation destination, __ River Valley
6. Worrisome word
7. __ Minor
8. 'M' of M.O.
9. "Canadian Idol" judge: 2 wds.
10. Median
11. Dubai's locale [acronym]
12. Author, Anais __
13. 'Host' suffix
21. US gun gr.
22. Cow's chew-ee
25. "The Exorcist" (1973) daughter
26. Don Henley or Glenn Frey
27. Loses hold
29. Elaborates
30. "60 Minutes" Toronto-born journalist, Morley __
32. Dreams: French
33. Prefix to 'clast' (Image breaker)
34. Miami Sound Machine hit
36. Speck
39. Randy Bachman, to Burton Cummings
40. Long-locked lass of lore
43. Kitchen set
45. Hip-and-happening humans: 2 wds.
47. 'Computer' suffix (Techie jargon)
49. Non-affiliated politician [abbr.]
51. Marine menaces, seals would say
53. "What am I, chopped __??"
54. All
56. Miss: Spanish [abbr.]
57.City of Finland
58. '70s hit: "__ Tu"
59. U.S. driver's speed
60. Verdi aria: "__ Tu"
61. Paddle

Yesterday's Crossword



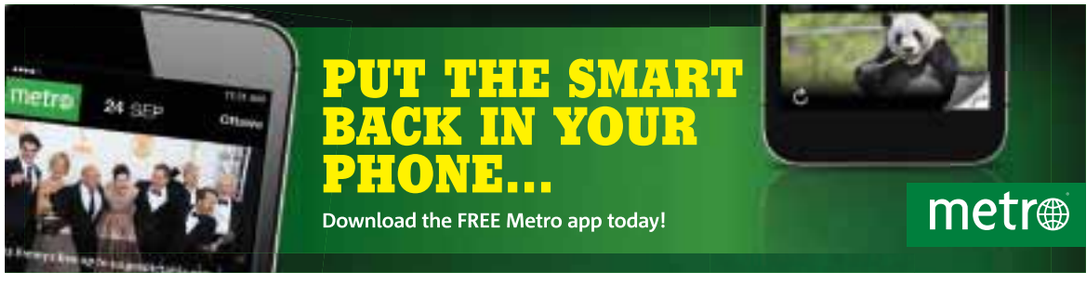
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		6			9		
7			3					8
		3		4	7			5
		1		8	6			7
4			5	9		1		
3			8	2		6		
8					4			2
		9			5		8	

Yesterday's Sudoku

3	4	2	6	1	8	9	6	7
5	8	7	9	2	6	4	1	3
1	6	9	4	7	3	5	2	8
9	2	6	3	4	1	7	8	5
7	1	3	8	6	5	2	4	9
8	5	4	2	9	7	1	3	6
2	3	8	1	5	9	6	7	4
6	9	1	7	8	4	3	5	2
4	7	5	6	3	2	8	9	1



Beneath It All Lingerie
Specialty fits, carrying European sizing.
We promote the proper fit.
100-234 First Ave. South Saskatoon
ph: 306-934-0833
Beneath It All Lingerie

High def. Low price.

HDTV | Internet | PVR

$29/mo.
for three months*

No contracts.
No installation fees.
No equipment to buy.

SaskTel
Your Life. Connected.™

Bundle & Save | Visit a SaskTel Authorized Dealer or SaskTel Store | 1-800-SASKTEL | sasktel.com

* This offer ends June 30, 2014 and is for new ***maxTV*** service customers only. Regular pricing and Bundle savings apply after the three month offer. ***maxTV*** service is available in certain areas of the province. See sasktel.com for details. Some conditions apply.